

Health Questionnaire for Screening ALFSC Members

Name of Skater or Parent: _____

Date of Screening: _____

Who was present with skater in vehicle upon arrival:

Temperature today? _____

1. Was it below 100.4F? Yes/ No

★ IF #1 is YES, continue to ask for current symptoms.

★ IF #1 is NO, please have them leave immediately. No skating tonight.

2. Do you have a fever? Yes/ No

3. Do you have chills? Yes/ No

4. Do you have a new cough? Yes/ No

5. Do you have shortness of breath? Yes/ No

6. Do you have a new sore throat? Yes/ No

7. Do you have new muscle aches? Yes/ No

8. Do you have a new headache? Yes/ No

9. Do you have a new loss of smell? Yes/ No

10. Do you have a new loss of taste? Yes/ No

★ IF #2-10 are NO, continue to questions #11-14.

★ IF any are YES, please have them leave immediately. Remind them they cannot return until symptoms have been absent for 72 hours consecutively and without medication or COVID test is done and is negative.

★ Please have parent or skater contact an ALFSC board member if they are unclear of the expectations of when they can return to the ice.

11. In the past 14 days have you or anyone you live with experienced any of the symptoms above? Yes / No

★ IF YES, please ask a few more questions.....

○ When did the symptoms first appear?

○ Has you or family member been symptom free for more than 72 hours or 3 days without medication? Yes/ No

○ Has it been more than 10 days from onset of symptoms that you are symptom free for 72 hours or 3 days? Yes or No

○ If Yes to the last question, they may skate tonight.

12. Have you or anyone you live with been asked to quarantine for 10-14 days? Yes/ No

★ IF YES, please have them leave immediately. May return to skating when quarantine time has expired without any onset of COVID symptoms.

13. Have you or anyone you live with been tested for COVID in the past 14 days or are currently awaiting test results? Yes/ No

★ If YES, were you positive? Yes/ No

○ If results are positive, they cannot skate and must leave immediately.

○ Please have them reach out to an ALFSC board member for further guidance and when they can return to skating.

★ If results are pending, they cannot skate until results are back.

14. Have you been around anyone who has recently tested positive or has been asked to quarantine in the past 10-14 days? Yes/ No

★ IF YES, they cannot skate.

○ Please have them reach out to a board member for further guidance and when they can return to skating.